

Be Proud of Who You Are

Four questionnaires appear next that can assist you in this process. Take a few minutes to complete each, or look them over and take stock.

The final questionnaire, **What is There to Be Proud of?** is the most important to complete. By doing so, your brain can assert dominance over how your mind operates when faced with negativity. Henceforth, your mindset can assert itself by thinking: *"I am proud of who I am no matter what."*

1. Spot Your Character Strengths

Directions: In the list below, select your five top character strengths.

Name of Strength	Description
<input type="checkbox"/> Appreciation	Appreciating people who perform with excellence or noticing beauty in nature.
<input type="checkbox"/> Bravery	Not being afraid to give hard things a go, being willing to stand up and say what you believe.
<input type="checkbox"/> Caution	Not saying or doing things you later regret.
<input type="checkbox"/> Creativity	Thinking of new and productive ways to do things.
<input type="checkbox"/> Curiosity	Taking an interest in experience for its own sake.
<input type="checkbox"/> Enthusiasm	Starting every day with a sense of excitement and energy.
<input type="checkbox"/> Fairness	Treating everyone with respect and equality.
<input type="checkbox"/> Forgiveness	Forgiving those who have done wrong.
<input type="checkbox"/> Gratitude	Being aware of and thankful for good things that happen.
<input type="checkbox"/> Honesty	Being truthful.
<input type="checkbox"/> Hope	Expecting things will turn out for the best.
<input type="checkbox"/> Humour	Liking to laugh and joke and bring smiles to people's faces.
<input type="checkbox"/> Kindness	Doing good deeds and being nice to others.
<input type="checkbox"/> Leadership	Organising group activities and making things happen.
<input type="checkbox"/> Love	Valuing close relationships with others.
<input type="checkbox"/> Love of Learning	Enjoying learning new things and mastering new skills
<input type="checkbox"/> Modesty	Not bragging, letting your accomplishments speak for themselves.
<input type="checkbox"/> Open-mindedness	Seeing things from all sides and thinking things through.
<input type="checkbox"/> Perseverance	Finishing things, you start.
<input type="checkbox"/> Self-control	Controlling what you say and do.
<input type="checkbox"/> Sociability	Being aware of the feelings of others.
<input type="checkbox"/> Spirituality	Believing in a higher purpose.
<input type="checkbox"/> Teamwork	Working well as a member of a team.

2. Admire Your Multiple Intelligence

Directions: Select your top two or three multiple intelligence strengths in the list below.

Name of Intelligence	Description
<input type="checkbox"/> Linguistic intelligence	The capacity to use language, your native language, and, perhaps, other languages, to express what's on your mind and to understand other people. Poets, writers, orators, speakers and lawyers specialise in linguistic intelligence.
<input type="checkbox"/> Logical-mathematical intelligence	Not being afraid to give hard things a go, being willing to stand up and say what you believe.
<input type="checkbox"/> Visual-spatial intelligence	The ability to represent the world internally in your mind – how a sailor or an aeroplane pilot navigates the large spatial world. You have a good sense of geography and do not get lost easily.
<input type="checkbox"/> Bodily-kinesthetic intelligence	The capacity to use your whole body or parts of your body – your hands, fingers, arms – to solve a problem, make something, or put on a production. The most evident examples are people who are good at sports, athletics, or performing arts such as dance and theatre.
<input type="checkbox"/> Musical intelligence	The capacity to think in music, to be able to hear patterns, recognise them, remember them, and perhaps manipulate them. People with strong musical intelligence don't just remember music easily – they can't get it out of their minds, particularly dance or acting.
<input type="checkbox"/> Interpersonal intelligence	Understanding other people in terms of how they feel and what they need.
<input type="checkbox"/> Intrapersonal intelligence	Understanding yourself and your feelings, knowing who you are, what you can do to be calm, and what to avoid.
<input type="checkbox"/> Naturalistic intelligence	The human ability to notice differences between living things (plants, animals) and be aware of other natural world features (clouds, rock configurations).

3. Family and Cultural Heritage Count

Directions: Many of us have things about our family we are proud of. We might be proud of one or more of our family members for who they are and what they have done. And many of us have things about the culture we come from that we are proud of. We might be proud of a cultural tradition we celebrate or something our culture values, such as being warm and welcoming to visitors. Write down some things about your family and your home culture that you are proud of.

Things About My Family I Am Proud Of	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Things About My Culture I Am Proud Of	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

4. What is there to be proud of?

Directions: In the spaces below, write down five intrinsic characteristics you are most proud of. Select from your list of character strengths, multiple intelligences, differences, family and culture that all form a part of who you are. Then, write a sentence or two about how you display this characteristic. Don't be overly modest! Be truthful and honest with yourself. You are the only one who is going to look at this.

An example:

Kindness "I would say I am generally a kind person. I go out of my way to say something nice to someone who needs a pat on the back. I am pleased and proud of this trait."

Things About Me I Am Proud Of	
1	
2	
3	
4	
5	